

DISEASE REVIEW AND MANAGEMENT OF PITTAJ YONIVYAPAD THROUGH AYURVEDIC CLASSICS

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ABSTRACT:

Normally a book of gynecology begins with the description of anatomy of reproductive organs and physiology of menstruation etc. In ayurvedic classic majority of the gynecological disorders have been described under the heading of 'yoni vyapada'. Almost all of the menstrual abnormalities have been described under yoni vyapad in different classics. Initially all the classics have given the number of yonivyapad as twenty which includes vataj yoni vyapad, pittaj yoni vyapad and so on. Each abnormality have been described in detail and symptomatic treatment has been given. Yoni Vyapad is a compilation of various disorders of the genital tract ranging from vulva till the uterus. Local infectious conditions like vulvo vaginitis, pelvic inflammatory diseases have also been described. Among the various treatment modalities described for Yoni Vyapad, the emphasis given to SthanikaChikitsa is noteworthy. If woman takes pittakar aaharvihar it will be cause of pitta dushti & it can cause pitta pradhanvyadhi. Symptoms of Pittajyonivyapad hampers normal activities of woman's life. At present time it is a common problem and its prevalence is increasing, due to occupational overstress, night shifts, changes in life style, junk food etc. The modern management such as antibiotics, NSAID's etc are not fulfilling the patients goal of healthy life as all the medicines only give symptomatic relief with some side effects. Ayurveda has given number of local as well as general treatment for Pittajyonivyapad. Objective of work is to compile and review classical literature on Pittajyonivyapad and its ayurvedic management.

INTRODUCTION

Yoni vyapad has been described in charaksamhita in 30th chapter of chikitsasthana and in Sushrutsamhita in 38th chapter of uttarsthana. There are 20 types of yonivyapad. For a healthy life and progeny all doshas should be normalised. In day to day life females are working hard on maintaining their family and social responsibilities because of which her charya (routine) gets disturbed (rutucharya/ menstrual cycle, dincharya/ daily routine) and then different health problem arises causing various yonigata diseases. Mithya vihar (abnormal mode of life) like travelling in hot polluted atmosphere, intake of contraceptive pills, various procedures like Cu-T insertion, recurrent abortions and D&C, home deliveries, which are harmful for woman's body. Likewise, mithyaahara (abnormal diet) like eating in large amount of katu (spicy), amla (sour), lavana (salty), kshara (alkaline), aahar (diet). Pitta gets vitiated and reaches tryavarta yoni because of such ahara (diet) and vihar (mode) of life there are symptoms like yoni daha (vaginal burning), yoni paka (suppuration), yonigat ushnata (vaginal) hotness, kunapgandhiyonistrava (menstrual blood with dead body smell). Jwara (pyrexia) is seen as sarvadehiklakshan (general symptoms) which in total causes pittaj yonivyapad.

PittajYonivyapad is one of the frequently seen gynecological disorder remains one among those which cause considerable morbidity affecting both physical as well as psychology of the women.

Pittajyonivyapad can be correlated with Chronic Pelvic inflammatory disease as both are having similar clinical features. Since women with this pelvic disease often do not have any symptoms, however there are many common symptoms like pain in abdomen, fever with pain, abnormal vaginal bleeding, change in quality, colour and odour of vaginal fluid etc.

PURPOSE

- Pelvic inflammatory disease is most common gynecological problem and it is the most frequent disease with prevalence of 20-30% in India.
- Hence the disease review and ayurvedic management taken for the discussion.

AIMS AND OBJECTIVES

A] To study and understand detail explanation and management about PittajYonivyapad according to Ayurveda.

B] To compile literature about PittajYonivyapad.

MATERIAL AND METHODS

For this study literary materials which include the reference of “pittajyonivyapad” have been collected through the Ayurvedic text mainly Charak Samhita, AshtangHrudaya, AshtangSangraha and Bhavaprakash also with supportive Ayurvedic books and its available commentary.

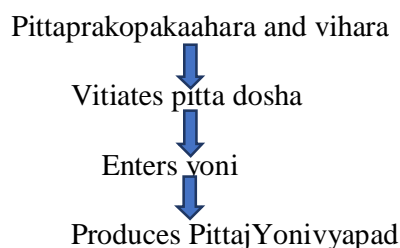
PITTAJ YONIVYAPAD

Hetu-katu, amla, lavan, ksharpadarth intake.

Dosha- pitta

Sthana- yoni

SAMPRAPTI-



SAMPRAPTI GHATAKAS

- ❖ **Dosha-** Pitta, Vata.
- ❖ **Dushya** - Rasa, Rakta
- ❖ **Srotas-** Artavavaha
- ❖ **Udabhavasthana** - Amashaya
- ❖ **Rogamarga** - abhyantara
- ❖ **Adhithana-** Yoni,
- ❖ **Vyaktasthana** - Yoni, Garbhashaya

LAKSHANAS

According to Charaka

- ❖ Daha,
- ❖ Paka,
- ❖ Jwara,
- ❖ Ushnakamita,
- ❖ Artava is Neela, Peeta and Asita,
- ❖ Srava - which is Bhrusha, Ushna and Kunapa.

According to Sushruta

- ❖ Daha,
- ❖ Paka,
- ❖ Jwara.

According to Acharya Dalhana

- ❖ Osha,
- ❖ Chosha,
- ❖ Paridaha,
- ❖ Dhoomayana etc.

According to Vagbhata

- ❖ Daha,
- ❖ Paka,
- ❖ Jwara.

PARINAM

- ❖ Pandu,
- ❖ Sashoolyonisambanha,
- ❖ Vandhyatva, etc.

CHIKITSA

Principles of management

- 1) In all the yoni rogas caused by vitiation of piita, the cooling drugs or methods prescribed for rakapitta should be used.
- 2) local irrigation, ointment, massage and tampons prepared with the drugs either having cooling properties or capable of suppressing piita should be done.

ACCORDING TO CHARAK SAMHITA

- In charakchikitsasthan it is mentioned that, in pittajyonivyapada all 'raktapittanashak' and 'sheetal' kriyas should be done.
- In pittajyonivyapad, it is said that the sheetal, pittanashakparishek, abhyanga, pichudharan, swedan kriyas should be done by pittanashakaushadhi siddha ghrita.
- 'Bruhatshatavarighrita' should be given orally in 1 karshamatra in rakta-pittajanitrogas.
- Panchavalkalka yonidharan in pittajyonivyapad. Local application of paste of panchavalka should be given.

- Uttar basti should be given with the milk treated with madhura group of drugs.
- The juice expressed from four tulamatra of jivaniya group of drugs should be mixed with equal quantity of ghruta extracted directly from milk and cooked. Oral use of thus prepared ghruta cures all types of pittajayonirogas and also increases fertility or gives progeny.

ACCORDING TO ASHTANG HRUDAYAM

- In ashtanghruday it is mentioned that sechan, abhyanga and pichu all kriyas should be pittaghna and sheeta in pittajanyayonivyapada.
- In pittajyonivyapad for snehan karma, ghruta should be used.
- Basti with the milk treated with either madhura group of drugs or madhuka should be given.
- Kalka prepared from milk and ghruta siddha with jivaniyadravya should be used in pittajanya yonirogas.
- Pushyanugchurna should be used in blackish, whitish, and brownish vaginal discharge.
- Milk with yashtimadhukalka should be used for giving Basti in pittajanya yonirogas.
- In 2 drona of balamulakwath ,kshirvidari, shalparni, pipal, shatavari, gorakmundi and 1 prasthajivaniyamahakashay, 16 prasthagodugdha and 4 prasthaghruta should be added to make paka and after siddha lakshana it is used to treat vata-pitta janityonirogas.
- *Arundatta* opines that milk or ghruta treated with jivaniya group of drugs should be used.

ACCORDING TO BHAVAPRAKASH

- According to bhavaprakash ,pittanashak and sheetaldravyas should be used for sechan, abhyanga and pichudharan in pittajanyayonivyapad.
- Ghruta should be used for yoni snehan in pittajyonivyapad.
- For yoni daha, amlaswarasa mixed with mishri should be used orally to reduce the symptom.

Arundattaopines that milk or ghruta treated with jivaniya group of drugs should be use.

PATHYAPATHYA

Ushna, vidahiannapanvarjya,
Aatapsevanvarja.

CONCLUSION

Pittajyonivyapad is well explained in ayurvedic classics. The ancient knowledge of Ayurveda will help in diagnosis and management of pittajyonivyapad in present era so it is an attempt to highlighting on details of pittajyonivyapad and its ayurvedic management.

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